

Tell Your Patients to PMCS Their Mouth!

Taking care of your mouth the right way keeps you from becoming a Dental Casualty. Just like a good motor sergeant uses a PMCS schedule (preventive maintenance, checks and services) to keep his/her vehicles running, you need to PMCS your mouth!

Daily

1. Clean your mouth

- Brush two or three times every day for about 2 minutes with fluoride toothpaste
 - ★ Use a gentle, circular motion
 - ★ Do not rinse, eat or drink for 30 minutes afterwards
- Floss once a day to remove bacteria and food in between teeth

2. Watch what you put in your mouth

- Limit sugar-sweetened drinks
- Limit sugary or starchy between-meal snacks
- Use gum or mints that contain xylitol first
- Avoid or cut back on tobacco use

Monthly

Perform an oral cancer self-exam if you are at risk for oral cancer.

Risk factors include:

- Tobacco, marijuana, or alcohol use
- Sun exposure
- Poor nutrition (lack of fresh fruits and vegetables)
- Viruses

Yearly

Have a dental exam and cleaning to detect and correct problems early.

Are you at risk for tooth decay?

Find out at

<http://chppm-www.apgea.army.mil/decay>



Essential for Energy intake
and Communication



Combat Readiness

The mouth is the window to overall health and well-being. Chronic oral diseases are associated with:

- ★ Nutritional deficiencies
- ★ Diabetes
- ★ Cardiovascular disease
- ★ Stroke
- ★ Lung diseases
- ★ Low-birth-weight, premature births

Learn how **you** can improve your patients' overall health.

Visit the Oral Health Resources for Health Care Providers page at <http://chppm-www.apgea.army.mil/dhpw/DentalProviders.aspx>



USACHPPM/USADENCOM



Xylitol

for

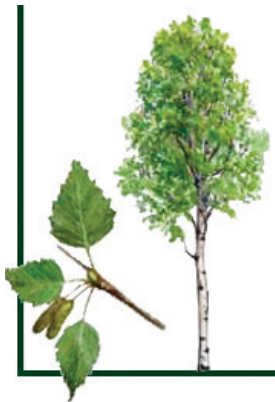
Your Patients' Health

Information for
Health Professionals



Xylitol – What it is...

- Naturally-occurring 5-carbon sweetener found in fruits and vegetables, and is even produced within the human body (other names: pentose, pentitol, polyalcohol, polyol).
- Taste is indistinguishable from sugar (isosweet), with no artificial aftertaste.
- Strong, pleasant cooling sensation when dissolved in the mouth from crystalline form.
- Extracted through environmentally sound manufacturing practices from hardwood sources such as birch wood (“birch sugar”).
- Slow absorption evokes low glycemic response.
- Approved for use as a food additive in “sugar-free” products by FDA since 1963.
- Has 40% less calories than sugar and a caloric value of 2.4 kcal/g.



Utility

- In chewing gum, candies, and dentifrice.
- Acid-producing streptococcus mutans cannot metabolize.
 - ★ Decreased plaque production
 - ★ Increases plaque pH
 - ★ Enhances remineralization
- Regular use (5-10 g per day) has been clinically shown to reduce caries by 30 to 85%.
- Caries prevention mechanism works well in conjunction with fluoride.
- Ideal for medium and high caries risk patients (presenting with two or more carious lesions within the last 3 years).
- Adjunct prevention strategy for patient when optimal oral hygiene practices are compromised.
- Provides an alternative to sugar for people with diabetes.
- Lowers rates of otitis media (ear infections) in children (gum ~40%, syrup ~30%).
- GI (laxative) side effects at very high doses (over 50-70 grams/day).

Patient Instructions

- Xylitol is a natural sweetener found in plants.
- It has slow absorption-no sugar “rush” or “crash”.
- Xylitol gum helps prevent ear infections in children

Get Enough of the Right Stuff! Look for xylitol first!

- Xylitol should be first on the package ingredients list, before other sweeteners such as sorbitol.

INGREDIENTS: **XYLITOL;** GUM BASE; HYDROGENATED GLUCOSE SYRUP; MANNITOL; NATURAL AND ARTIFICIAL FLAVOR; CITRIC AND MALIC ACIDS; ASPARTAME; AND ARTIFICIAL COLOR © USA CANDY AND GUM COMPANY

- Enjoy xylitol gum or mints at least 3 to 5 times a day, after meals or as a snack.
- Look for xylitol gum in the MREs.